




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 Tell me a Joke 11:00 Lunch 12:00 Walking with Friends 1:00 Crafting Club 2:00 Furry Tea Time 3:00 Travel to Kentucky 4:00 Dinner 5:30 Reminisce: Movie memories 7:00 Evening Wind Down	2 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 Watch Phil furry forecaster 11:00 Lunch 12:00 Walking with Friends 1:00 Outdoor Club 2:00 Let's Paint with Bob Ross 3:00 iN2L: Brain Fitness 4:00 Dinner 5:30 The art of woodworking 7:00 Evening Wind Down	3 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 Latin Soul 11:00 Lunch 12:00 Walking with Friends 1:00 Kitchen creation: Carrot Cake 2:00 Sip and Mingle 3:00 Memory Magic 4:00 Dinner 5:30 Church Services 7:00 Evening Wind Down	4 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 iN2L: What's up Today 11:00 Lunch 12:00 Walking with Friends 1:00 Pretty In Pink Club 2:00 Tea Time with Mad hatter 3:00 iN2L: Nursery Rhymes Trivia 4:00 Dinner 5:30 Classic TV : Beverly Hillbillies 7:00 Evening Wind Down	5 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 Hymn Sing 11:00 Lunch 12:00 Walking with Friends 1:00 Bible Study 2:00 Remember When 3:00 Bible Trivia 4:00 Dinner 5:30 Travel with Rick Stevens 7:00 Evening Wind Down	6 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 Tongue Twisters 11:00 Lunch 12:00 Walking with Friends 1:00 Book Club 2:00 Sip and Be Social 3:00 Bowling 4:00 Dinner 5:30 Movies: His Girl Friday 7:00 Evening Wind Down
7 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Church Services 10:30 iN2L: Would You Rather 11:00 Lunch 12:00 Walking with Friends 1:00 Scrapbooking Club 2:00 Sip and Be Social 3:00 Memory Magic 4:00 Dinner 5:30 Aromatherapy 7:00 Evening Wind Down	8 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 National Kite flying day 11:00 Lunch 12:00 Walking with Friends 1:00 Craft: Build Your Kite 2:00 The launching of kites 3:00 Sip and Share 4:00 Dinner 5:30 Meditation time 7:00 Evening Wind Down	9 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 iN2L: Discussion Starter 11:00 Lunch 12:00 Walking with Friends 1:00 Kitchen creation : Pizza day 2:00 Sip and Mingle 3:00 iN2L: Italy 4:00 Dinner 5:30 Travel: Australia 7:00 Evening Wind Down	10 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 Latin Soul 11:00 Lunch 12:00 Walking with Friends 1:00 Outdoor Club 2:00 Sip and Be Social 3:00 Helen Plays Piano 4:00 Dinner 5:30 Church Services 7:00 Evening Wind Down	11 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 National Make A Friends 11:00 Lunch 12:00 Walking with Friends 1:00 Pretty In Pink Club 2:00 Sip and Make a New Friend 3:00 The Art of Folk 4:00 Dinner 5:30 Travel with Rick Stevens 7:00 Evening Wind Down	12 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 Hymn Sing 11:00 Lunch 12:00 Walking with Friends 1:00 Crafting Club 2:00 Sip and Discuss 3:00 iN2L: Abraham Lincoln's 4:00 Dinner 5:30 Travel: Antarctica 7:00 Evening Wind Down	13 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 National Global Movie 11:00 Lunch 12:00 Walking with Friends 1:00 Day of Pampering 2:00 Classic Movie Trivia 3:00 Reminisce: Postcards 4:00 Dinner 5:30 Movie Matinee 7:00 Evening Wind Down

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Church Services 10:30 iN2L: Valentine trivia 11:00 Lunch 12:00 Walking with Friends 1:00 Valentine's Craft 2:00 Sip and Name that Love Song 3:00 Spread the love 4:00 Dinner 5:30 Aromatherapy 7:00 Evening Wind Down</p>	<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 President trivia 11:00 Lunch 12:00 Walking with Friends 1:00 Weird Fact: 45 Presidents 2:00 Sip and Discuss 3:00 Dominoes 4:00 Dinner 5:30 Now Or Never: Yorktown Campaign of 1781 7:00 Evening Wind Down</p>	<p>16</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 Craft Your Colombina 11:00 Lunch 12:00 Mardi Gras Parade 1:00 History about Mardi Gras 2:00 Sip and Mask Contest 3:00 iN2L: trip to New Orleans 4:00 Dinner 5:30 Travel with Rick Stevens 7:00 Evening Wind Down</p>	<p>17</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 Hymn Sing 11:00 Lunch 12:00 Walking with Friends 1:00 Outdoor Club 2:00 Sip and Discuss 3:00 Let's Paint with Bob Ross 4:00 Dinner 5:30 Church Services: Ash Wednesday 7:00 Evening Wind Down</p>	<p>18</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 Let's Make A Deal 11:00 Lunch 12:00 Walking with Friends 1:00 Pretty In Pink Club 2:00 Sip and Mingle 3:00 Remember When 4:00 Dinner 5:30 Classic TV: Sherlock Holmes 7:00 Evening Wind Down</p>	<p>19</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 Creative Time: Caregiver Day 11:00 Lunch 12:00 Walking with Friends 1:00 Crafting Club 2:00 Mingle with your Caregivers 3:00 Memory Magic 4:00 Dinner 5:30 iN2L: Visit a National Parks 7:00 Evening Wind Down</p>	<p>20</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 Tongue Twisters 11:00 Lunch 12:00 Walking with Friends 1:00 Book Club 2:00 Sip and Pauline 3:00 Bowling 4:00 Dinner 5:30 iN2L Relax 7:00 Evening Wind Down</p>
<p>21</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Church Services 10:30 Remember When 11:00 Lunch 12:00 Walking with Friends 1:00 Game Hour 2:00 Sip and Discuss 3:00 Memory Magic 4:00 Dinner 5:30 Classic TV: I Love Lucy 7:00 Evening Wind Down</p>	<p>22</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 George Washington History 11:00 Lunch 12:00 Walking with Friends 1:00 Crafting Club 2:00 Sip and Be Social 3:00 Washington Trivia 4:00 Dinner 5:30 The Winter Patriots: A Revolutionary War Tale 7:00 Evening Wind Down</p>	<p>23</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Dancing 10:30 Creative Time 11:00 Lunch 12:00 Walking with Friends 1:00 Outdoor Club 2:00 Tea Time with Mad hatter 3:00 Remember When 4:00 Dinner 5:30 iN2L: Travel to Australia 7:00 Evening Wind Down</p>	<p>24</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 Sing-along w/ Charmaine 11:00 Lunch 12:00 Walking with Friends 1:00 Kitchen Creations 2:00 Sip and Taste 3:00 iN2L: Bingo 4:00 Dinner 5:30 Church Services 7:00 Evening Wind Down</p>	<p>25</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Stretches 10:30 Read Poetry 11:00 Lunch 12:00 Walking with Friends 1:00 Pretty In Pink Club 2:00 Furry Tea Time 3:00 Bowling 4:00 Dinner 5:30 Travel with Rick Stevens 7:00 Evening Wind Down</p>	<p>26</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Sittercise 10:30 Mind Games 11:00 Lunch 12:00 Walking with Friends 1:00 Scrapbooking Club 2:00 Sip and Mingle 3:00 Classic TV: Dragnet 4:00 Dinner 5:30 iN2L Relax 7:00 Evening Wind Down</p>	<p>27</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Chair Yoga 10:30 iN2L: Spiritual Trivia 11:00 Lunch 12:00 Walking with Friends 1:00 Day of Pampering 2:00 Sip and Be Social 3:00 iN2L Who wants be Millionaire 4:00 Dinner 5:30 Movie Matinee 7:00 Evening Wind Down</p>
<p>28</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News and History 10:00 Church Services 10:30 Hymn Sing 11:00 Lunch 12:00 Walking with Friends 1:00 Scrapbooking Club 2:00 Sip and Write 3:00 Create Family Tree 4:00 Dinner 5:30 Aromatherapy 7:00 Evening Wind Down</p>	<p>CONNECTIONS  FEBRUARY 2021</p>					